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editorial

—by Helen E. Stewart

This issue of *Canadian Camping* is its last. The decision was made by the CCA Board at the recent meetings in Quebec City and was one based wholely on financial considerations. A hard decision to make but one that was very necessary.

Those of us responsible for *Canadian Camping* believed the magazine to be a very distinct and vital link with the provinces and that it helped to further the image of camping across Canada. The Editorial Committee strived to produce material that would answer the needs and interests of our readers; as a result, many new columns have appeared in the magazine. To all those who submitted articles and photos for consideration, my sincere thanks. If your contribution has not appeared as yet, it might still be used because no decision has been reached if or when anything else will be devised to take the place of *Canadian Camping.* The April and June issues were planned when word reached me that there would be but one more issue . . . which meant that some articles could not be used. I trust I have made the right decisions and that those contributors whose copy does not appear will understand.

Many people have made my task as Editor a pleasant one. There are two names that spring to mind when I consider the greatest help I've received and I thank them most sincerely . . . Mary Jane Sanderson who has been responsible for all the sketches (unless otherwise signed) that have appeared in the magazine since the Fall '72 issue and Paul Bélanger for his tremendous work in translating.

And so we have come to the end of an era. Sad but true.

Ce numéro de *Canadian Camping* est le dernier. C'est la décision à laquelle est arrivé le conseil d'administration de l'Association des Camps du Canada à sa réunion de Québec récemment, à cause de la non-rentabilité de la revue. La décision ne fut pas facile mais elle s'imposait.

Nous, les responsables de *Canadian Camping* considérions la revue comme un lien vital et bien caractérisé entre l'ACC et les provinces. De plus la revue contribuait à faire connaître le monde des camps de vacances à travers le pays. L'éditeur de la revue et son comité se sont efforcés de publier des articles répondant aux besoins et aux intérêts des abonnés; c'est pourquoi plusieurs rubriques nouvelles sont apparues dans la revue ces dernières années. Merci du fond du coeur à tous ceux qui nous ont envoyé articles et photos. Si votre matériel n'a pas été utilisé, il peut l'être encore car il y aura peut-être une publication moins coûteuse pour remplacer *Canadian Camping.* Les numéros d'avril et juin étaient planifiés lorsque j'ai appris qu'il n'y aurait plus de publication après ce numéro . . . cela signifiait que certains articles ne pourraient pas être utilisés. J'espère n'avoir lésé personne et j'ose croire que les auteurs d'articles non publiés comprendront.

Plusieurs collaborateurs ont rendu plaisante ma tâche d'éditeur. Deux noms me viennent à l'esprit quand je pense à ceux qui m'ont le plus aidé et je les remercie beaucoup . . . Mary Jane Sanderson, auteur depuis 1972 de tous les écrits non signés qui ont paru dans la revue, et Paul Bélanger pour son excellent travail de traduction.

Nous voilà rendus à la fin d'une époque. C'est triste mais c'est la réalité.

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viewpoint / point de vue

—by Eileen Mayotte

"Responsibility is attained slowly, it requires daily practice in exercising judgment and in making choices about matters appropriate to one's age and comprehension." Haim G. Ginott in his book *'Parent-Child'* continues and his next remark is adapted to the camping situation, "Responsibility is fostered by allowing the campers a voice, a choice in matters that affect them."

We in the camping field have said repeatedly and believe that we deal with the youth, the most valuable commodity that this country produces. These campers represent the future of Canada. Because our future depends upon youth, we too have a responsibility, not just to guide – not just to provide a program – not just to teach a skill – not just to provide a safe camp – not just to provide good nutrition, but to be sure that the camper has an opportunity to realize his potential and more important has an opportunity to reach it. The awareness of potential, the growth, the self worth of a camper is determined firstly by himself, secondly by his cabin counsellor and thirdly by the remainder of the camp staff.

Growth of the camper is not determined by the size of the camp, or the latest equipment; it is entirely dependent upon his own motivation, the camp leadership and particularly upon his cabin counsellor.

A wise counsellor will realize that he has a leadership resource in his own cabin group. Campers with careful guidance can become leaders in their own right. Do we involve the camper in group planning? Do we let campers know that they will be held accountable to others and themselves? Do we instill in campers an attitude of caring about themselves and others? Do we help campers to be sensitive to their own needs and desires and those of their fellow campers?

Some people believe, and perhaps fear, that as the camper is given responsibility the counsellor may become less important. Rather, the counsellor's role is more important as he becomes more aware of interaction within the group, recognizes where a word is needed to help the group reach a decision, but does not take the responsibility away from the camper. This is the reason we need mature and experienced people as counsellors, those who can stand back and let things happen.

Many camp directors believe that young campers cannot and should not make decisions regarding program. As people responsible for the success of the camp, selections must be made regarding the number of opportunities provided for the campers. The point to make here is that the selecting belongs to the administration – the choosing should be the right of the camper.

An activity chosen by a camper will be participated in with enthusiasm and happiness. If the camper is forced to participate without any decision on his part it could have an undesirable influence on the development of the young

"La responsabilité s'acquiert lentement. On la développe grâce à l'exercice quotidien de son jugement et de sa capacité de choisir dans des domaines adaptés à son âge et à sa compréhension." Haim G. Ginott dans son livre *'Parent-Child'* fait une autre remarque appliquée à la vie au camp: "La responsabilité se développe si les campeurs peuvent s'exprimer, s'ils peuvent faire des choix dans les domaines qui les touchent."

Nous aimons dire, et nous en sommes convaincus nous les responsables de camps, que la jeunesse avec laquelle nous travaillons est la ressource la plus précieuse que produit notre pays. Ces jeunes campeurs sont l'avenir du Canada. Or parce que notre avenir dépend de notre jeunesse, nous devons au camp non seulement lui fournir un programme – non seulement la guider – non seulement lui enseigner des techniques – non seulement voir à sa sécurité – non seulement la bien nourrir, mais nous assurer qu'elle devient consciente de ses capacités, plus encore qu'elle a la chance de les actualiser. La conscience de ses capacités, de son développement et de sa valeur est déterminée d'abord par le campeur lui-même, ensuite par son moniteur et enfin par tout le personnel du camp.

La croissance du campeur n'est pas conditionnée par l'importance du camp ou des équipements; elle dépend totalement de sa motivation personnelle et du leadership exercé au camp, principalement par son moniteur d'équipe.

Le moniteur avisé va se rendre compte qu'au sein de son équipe de campeurs, il existe des leaders en puissance. S'ils sont bien guidés, ils vont se révéler de vrais chefs. Savons-nous impliquer les campeurs dans la planification de la vie du groupe? Savons-nous leur donner des responsabilités? Prenons-nous soin de leur laisser savoir qu'ils sont responsables face aux membres du groupe, face à eux-mêmes? Leur enseignons-nous à se soucier d'eux-mêmes et des autres? Les aidons-nous à découvrir leurs propres besoins, leurs désirs et ceux des autres?

On croit peut-être et on craint que plus on confie de responsabilités au campeur, plus le moniteur perd de son prestige. C'est faux car le rôle du moniteur devient plus important à mesure qu'il est plus conscient des interactions au sein du groupe, à mesure qu'il découvre quand et comment intervenir pour aider le groupe à prendre une décision sans lui enlever sa responsabilité. C'est pour cela que nous avons besoin, comme moniteurs, de personnes mûres qui ont de l'expérience et qui peuvent se retirer un peu pour laisser les événements se produire.

Plusieurs directeurs de camp sont convaincus que les jeunes campeurs ne peuvent ni ne doivent décider de choses qui touchent le programme. Or, en réalité, c'est aux responsables de camps qu'il revient de déterminer quand les campeurs pourront faire des choix. Le principe à sauvegarder est le suivant: C'est l'administration du camp qui détermine le cadre de la liberté des jeunes – la liberté de choix à l'in-

personality. Everything that the camper does, in some way, is a preparation for life. A child needs an opportunity to exercise judgment, make choices and develop his own standards.

The camper's choice may not necessarily be the same as the counsellor's. In a cabin, the decision can be made as a group decision. Time and patience are needed. The program result – be it a skit or a skill – may not have the perfection that the adult expects. Remember, the camper is not functioning in order to enhance the prestige of the cabin counsellor or the director. Campers love to plan, to carry through and evaluate – campers may not use this term.

Their evaluation will be more critical of their own production than any counsellor's. As well as being critical of themselves, they will learn from their mistakes. The counsellor's role again is to be aware of group interaction and to help the group see the positives in their evaluation.

Ginott says that values cannot be taught directly. They are absorbed, and become part of the child only through his identification with, and emulation of persons who gain his love and respect. A camper who lives with criticism does not learn responsibility. He learns to condemn himself, doubt his ability, find fault, and distrust others.

Campers expect challenge, fun, excitement, new friends, a smile and a hand on the shoulder from his counsellor. He wants to be trusted, permitted to make choices, make mistakes, know that he is wanted, day dream a little, do things with and for his counsellor, joke and laugh. These are some of the expectations of the camper and can be the beginning of the growth of the camper, whom we see as having a role in the future of our country.

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térieur de ce cadre devrait vraiment appartenir aux enfants.

Un campeur qui choisit une activité va y participer avec joie et enthousiasme. S'il est forcé de participer sans avoir son mot à dire cela ne favorise pas le développement de sa jeune personnalité. Tout ce que le campeur fait est en quelque sorte une préparation pour la vie. L'enfant a besoin d'occasions où il va exercer son jugement, faire des choix et développer ses propres critères de référence.

Si le campeur peut décider, sa décision ne sera pas nécessairement la même que celle que prendrait son moniteur. Au niveau de la hutte, les décisions peuvent se prendre en groupe. Cela exige du temps et de la patience. Le programme ou l'activité résultant d'une décision de groupe (e.g.: un sketch ou l'apprentissage d'une technique) n'atteindra peut-être pas la perfection que les adultes désirent. L'objectif des activités des campeurs n'est pas d'augmenter le prestige du moniteur ou du directeur de camp! Les jeunes aiment planifier des projets, les réaliser et ensuite s'évaluer – (ils n'utiliseront sans doute pas ces expressions là).

Leur évaluation des choses qu'ils ont accomplies sera souvent plus sévère que celle du moniteur. En s'auto-évaluant, ils vont tirer des leçons de leurs échecs. Le rôle du moniteur ici sera à nouveau d'être attentif à ce qui se passe entre les différents membres de l'équipe et de les aider dans leur évaluation à voir les côtés positifs de ce qu'ils ont fait.

Ginott remarque que les valeurs ne se transmettent pas directement. Elles sont acquises par l'enfant, elles deviennent partie de lui-même grâce au processus d'identification avec des personnes qu'il aime et respecte, et à qui il veut ressembler. Un campeur qui vit dans un climat de critique ne développe pas sa responsabilité. Il apprend à se blâmer lui-même, à douter de ses capacités, à critiquer les autres et à ne pas leur faire confiance.

Les campeurs veulent faire face à des défis, avoir du plaisir, s'émerveiller, se faire de nouveaux amis, vivre avec un moniteur qui sourit et aime leur compagnie. Ils désirent qu'on leur fasse confiance, qu'on leur permette de choisir eux-mêmes et parfois de se tromper; ils veulent se sentir acceptés, pouvoir rêver, collaborer avec leur moniteur et lui rendre service, blaguer et rire! Ce sont là quelques unes des attentes des jeunes campeurs. Cette jeunesse est l'avenir de notre pays; c'est maintenant, au camp, que sa maturation se construit.

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Children and the Outdoors

—by John Pratt
Director,
Durham Region Board of Education's
Outdoor Education Program,
Camp Samac

NATURE TRAILS

Nature trails are set up to provide people with an efficient means of studying a cross-section of the flora and fauna of a location. Explanations and identification of species are set up in different ways.

Temporary nature trails may be established the night before a school or other group are scheduled to follow the trail. This type overcomes the problems of interference with trails and the need for frequent changes. Coloured stakes with consecutive numbers can be stuck into the ground at carefully-chosen positions. Instruction sheets with relevant information or questions concerning each station (which is denoted by one of the stakes) are given to each individual or group of individuals who set out on the trail. Someone who either knows the answers or has an answer sheet should be available.

Some permanent nature trails are provided with signs. These may have information about the site and/or pictures. Acts of vandalism directed towards the signs or the flora and fauna may make this a difficult type of trail to maintain. Even seasonal changes create a need for replacing signs.

Perhaps the best type of permanent trail is that which has numbered stakes securely positioned in the ground at each place of interest. Then question or information sheets concerning each station can occasionally be changed. It is almost a necessity to have a summer and a winter sheet.

Some suggestions for setting up the trail are:

- use cedar or hemlock for stakes, preferably creosoted
- cut stakes at a 45° angle at the top for numbers
- set stakes in ground at least 2½ feet and fasten on a cross-piece for security
- add secure steps and railings in possibly dangerous places
- railings can be made to look reasonably natural
- steps, made of cedar, can be nailed onto cedar stakes driven into the ground.

N.B. The trail can be greatly improved by planting worthwhile trees, shrubs, flowers, rocks, stumps, etc.

There are many other things of interest which can be incorporated into your nature trail . . .

- a tree stump showing annual rings
- a tree stump showing the work of bark beetles, sow bugs, etc.
- decaying wood showing growth of fungi
- some large rocks hosting lichen
- large rocks showing fossils, sedimentary layers, flow lines, etc.
- brush heaps to give shelter for rabbits, etc.
- deciduous and evergreen trees in close proximity to compare
- deciduous trees with compound and simple leaves
- several kinds of evergreen trees to show comparisons
- trees with different kinds of fruit, e.g., maple keys, acorns, chestnuts, etc.
- trees with interesting bark, e.g., white birch, staghorn sumac, etc.
- trees with beautiful flowers, e.g., chestnut, Japanese cherry, etc.
- trees with interesting leaves, e.g., silver poplar, aspen, etc.
- vines like wild grape to show the tendrils
- golden rod to show the galls
- milk-weed to host Monarch butterflies, show seed dispersal
- poison ivy (at a safe distance) and jewel-weed (its cure)
- spring flowers such as violets, trilliums, etc.
- ferns and mosses
- a tree with a woodpecker's hole in it
- a tree perforated by sapsuckers
- a groundhog's hole
- a squirrel's nest
- bird's nest (from a distance)
- a meandering stream
- bank and gully erosion
- a "beaver tree" or wood cut by them
- evergreen, deciduous forest, marsh and meadow habitats to compare and contrast.

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The Garden Of Eatin'

—by Paul Rushton
Director of Camp Trailfinder

Rub a handful of soft, warm soil between your hands. Feel good? Let some dribble through your fingers. Now face the caressing warmth of a summer wind and dwell for a moment on what the combined elements of soil, sun and rain can do for your camp in the form of a lush and productive vegetable garden. No market produce can equal the flavour and tenderness of freshly picked fruits and vegetables.

But just to dwell on such a spectacle will hardly suffice. Get down to earth! Develop your ideas into a fine production for your entire camp to enjoy. Allocate a little corner or more (a hectare if you're with it) of your camp to the fascinating growth of fresh, crisp edibles. And why not some flowers too! You're guaranteed to get results beyond all expectations if you plan ahead, ask for local advice and use your imagination. And you'll captivate and excite more than the average camper along the way, too.

Our camp garden evolved, in a way, by chance. Our riding program had grown to where it became abundantly clear that both the campers and horses required a much greater area to manoeuvre if we were to maintain our quality of teaching riding. The corral would have to be opened along one side of its entire length, if we were to perform an adequate job of enlarging. When you're faced with the task of extricating hundreds of steel fence staples embedded in dozens of cedar posts, to say nothing about the posts, wire and gate, cunning ideas are sometimes quick to surface.

Eureka! Why not leave the existing corral just as it is . . . richly fertilized and all, and convert it into a fine garden. Brilliant! It was already well into the month of May but the excitement of this new venture provided all the ambition needed to quickly swing into action.

Another legacy from our horses helped out at this point in that the years of continual pounding of their hooves over the entire area of the old corral gave us a reasonably flat surface to begin with. With the aid of a power-driven cultivator-cum-plow, which we had inherited with our property, we set about the task of loosening the enriched soil to a depth of about nine inches. Nowadays, such a vintage machine would be described as a Rototiller which, if not purchased, may be rented either with or without an operator to satisfy your need. On the other hand, if the area being worked is small you can easily prepare the ground using a garden spade. Don't throw up the bottom earth and bury the rich soil beneath it. Be mindful, too, that the particular shape of a garden is of no importance; however, the closer it is to a square, the better.

It should be remembered that, after planting and seeding, sunlight and moisture are the two most important requirements in developing a productive garden. Establish your garden, if at all possible, to take advantage of a southern exposure; next to this a southwestern, or southeastern; and poorest of all, a northern. The selection of suitable soil is also a matter of great importance. By all means avoid a low, wet piece of ground; for though the sun may shine upon it all day long, and you have heaped it with the richest fertilizer, it will surely be unsuitable for a garden. Sandy loam, light to medium clay or turfy loam will provide an excellent base for your garden.

Starting from scratch, garden soil may be enriched using organic or inorganic methods of fertilizing along with skillful cultivation. Inorganic fertilizers are those composed of matter that is not animal or vegetable and made of any chemical compound not classified as organic; most inorganic compounds do not contain carbon and are derived from mineral sources. Organic gardening (the method we've adopted and intend to keep) is becoming increasingly more popular with plot gardeners and large acreage owners. This has been brought about not only by skyrocketing cost of inorganic fertilizers but by the startling results that farmers and gardeners alike are deriving from the use of such organic fertilizers as: milorganite; compost; rock phosphate; bone meal; colloidal phosphate; potash rock (Hybro-Tite); ground limestone as well as dolomite. Sound too sophisticated? Not really, for some of the largest fertilizer companies now have an all-purpose, all organic plant food on today's market. A wise, initial procedure would be to have a soil test made of your garden area; as a public service to you, local government agricultural representatives will help out in this respect.

The amount of time you spend properly tilling your garden will, in many ways, effect the end results. Follow closely the advice of your government agricultural representative, local market gardeners and the suppliers' directions on fertilizer bags and the like. Gently probe your seed and plant supplier for some of their best kept tips on good planting advice.

Gardens develop from the sowing of seeds or the transplanting of plants first seeded in greenhouses during the winter months to effect an early spring start in the garden. Greenhouse-grown plants, or boxed plants as they are commonly called, include such species as: cabbages; cucumbers; broccoli; cauliflower; peppers; tomatoes; celery; Brussel sprouts and Spanish onions, to name but a few. You, too, can nurse these plants from seed during the winter months but, unless you are experienced, you'll run the risk of developing muted or spindly plants, so beware. Plants offered for sale by reputable dealers are by far the best deal; in fact, most good dealers will replace plants that, for reasonable cause, fail to properly develop.

Boxed plants are quite hardy and, in most instances, can be transplanted into the ground about mid-May (in Ontario)

with little risk of frost EXCEPT for delicate plants such as peppers, tomatoes, cucumbers, etc. Weather conditions can change abruptly any time or anyplace; for this reason the more delicate plants must be adequately protected from the risk of late spring ground frost. Up and until the second week of June keep a weather ear to your local radio station for early warnings of frost in the area.

When selecting boxed plants for your garden, be selective. Don't necessarily buy the first ones you come upon. Tilt each box carefully, and note the stem structure. Will they survive the trauma of a transplant? Be sure each box is equipped with a plastic or wood stake identifying the contents so that what you plant as cauliflowers hopefully develop as such, and that the early variety of tomatoes become ripe before late September. If, according to your best judgment, you deem it too early to transplant, simply store the boxed plants indoors at night after a thorough watering. (Caution! Plants should never be exposed to the outside air when being transported anything above a snail-paced speed as such exposure may cause fatal windburn to the plants.)

It may be assumed at this point that, except for the purchase of a few common garden tools, viz., hoe, dibble, seed drill, spade (if not already on hand), trowel, 200 feet of masons line and a wooden yardstick, you're about ready to test your mettle alongside the good earth. Much satisfaction will be gleaned from your garden if you strive for a semblance of order from the outset. Carefully lay out each row before commencing to transplant. Sharpen a half-dozen 30-inch wooden stakes so that their pointed end may easily be driven into the ground at selected intervals. Establish the initial row with great care in order to have an accurate guideline for the subsequent rows. When the line is accurately set you're ready to start transplanting. Using the yardstick, you can space your plants at the desired intervals. Take the dibble, or trowel, in hand and pierce an opening in the ground to receive each plant. Slide or jiggle an earth-laden root into each pocket you create being careful to snugly pack the surrounding soil against the transplant before going on to the next one. Give the transplant plenty of room to develop as well as to leave ample space for eventual weeding. Leave a minimum of 30 inches between rows and more where varieties such as tomatoes, squash and cucumbers are concerned. You'll be proud of your garden so leave ample space for the campers and staff to walk up and down. Nothing short of a violent thunderstorm will now keep you from completing the planting. Keep the rows straight; if you foul up one correct it on the next row by going back one row for more accurate dimensions. It's better to have one crooked row than ten.

Use the same marking out procedure for seeding as you do for transplanting. When the masons line is in place use the furrowing tool, or the corner of a garden hoe to open a trough the required distance along the entire length of the row. Proper depths will vary so keep a close tab on the seed supplier's directions. Seeding by hand, except for bulky seeds such as corn, peas, beans, cucumbers, etc., is a bit tricky for we tend to drop too many seeds in too short a distance. Take time to avoid this occurrence or you will need to quickly remedy a bunched effect once the seeds germinate and appear above the ground's surface.

You may elect to be somewhat more sophisticated and purchase seed tapes through catalogue seedhouses or garden nurseries. This unique method carefully spaces seeds for you inside a water-soluble tape that decomposes itself in the ground, when water is added to the soil area. Using this method, curved or straight rows are planted with equal ease, and the plants emerge evenly spaced. Of course, such labour-saving devices cost more than conventional methods but you balance this with the timesaving factor involved. Remember, too, that mechanical seeding devices can be purchased for about $14.00 and, with care, should last for years to come. This device can be set to accurately drop seeds in the required manner for their size and spacing, providing you become adept at pushing it at the exact speed.

Be sure to purchase seed potatoes for planting in your garden. Ordinary table potatoes may be used but there's an element of risk in their reproductive quality on account of techniques used in the potato industry to preserve their nature. Seed potatoes should be acquired quite early in the spring as they are frequently sold out by late May. A rather unique method of preparation is used to ready potato seeds for planting. Using a pocket, or paring knife, cut sections from the whole potato so that two, but not more than three eyes (sprouts or buds) form part of each segment. Take care not to rub off these life-giving shoots as they alone effect reproduction. Whole potatoes that are somewhat small should be planted as is. After positioning the intended row, using the foregoing method, dig holes about six inches deep and 18 inches apart along the entire length of each row. Drop one potato segment into each hole then, when replacing the soil, form a mound about six inches above the ground level to lend support to the extensive vines that will eventually appear.

Within a few short days a miraculous change will have come over your garden. Seeds will have germinated stimulating the eruption of new life up and down the rows you laid out just a week or ten days ago. Your transplants will now be firmly established and standing erect like sentinels in the wind. Things are great. You've done quite well. Now, stand back! Rest your eyes and have your heart gladden at the sight of this great array of nature's little wonders that you'll continue to nurture along.

Maintaining your garden is crucial if you expect to derive much from it. Frequent visual checks up and down each row will quickly tell what is needed. The two most important tasks at this time will be watering and weeding. Nature, of course, will assist with the former and, if you procrastinate, you'll have the devil's time with the latter. It is at this time, too, that you should correct any bunched conditions along each row due to over-seeding as mentioned earlier. Go about this one-time chore effectively if you expect your seeded plants to reach full maturity.

"Never put off 'til tomorrow what you can do today" is still sound advice for the novice "farmer". Weeds, when left to meander as they please, can totally annihilate an otherwise beautiful garden. If you are fortunate to have a power-driven cultivator, and had the presence of mind to leave sufficient walking space between each row, it will be a breeze for you. Once-a-week attention may well suffice. Be very careful cultivating at close range to your plants; rough treatment or a minor collision with any sharp tool will usually mean the end of a plant.

For those who must bend to the task of weeding using a simple garden hoe or three-pronged hand cultivator, it is even more essential to keep well ahead of the weeds or a sudden takeover may occur. A good time to weed is after a

rainfall but not before surface water has adequately absorbed itself into the ground.

Along about now you should stake your tomato plants (if you did not do it at the time of planting) in order to give them adequate support when they become heavily laden with fruit. Sharpen a number of wooden stakes at one end so that you may carefully slide or tap one into the ground close to the main stem of each plant. The stakes should be about 30 to 40 inches long so that ties may be progressively added as the plants grow skywards.

While you and yours (the campers will have arrived by this time) are in the garden admiring the magic of summer, you'll no doubt observe how remarkably fast the leaf lettuce, radishes and green onions are nearing maturity. With a little planning and proper care your camp can have an abundance of these goodies for your tables during late June through until September. We sure did! The secret is to sprinkle lettuce and radish seeds along the open spaces as you harvest mature plants. The effect is that you'll have new growth coming along throughout the summer and fall.

More than likely, green and yellow beans will be the next succulent treat you'll gather in your garden. Beans grow and multiply quite rapidly so prepare yourselves for several good feeds. This will come about early in July all things being equal. Towards the end of the month carrots will be ready to pull up, followed closely by the beets. Small cucumbers will now be formed on their wandering vines. Hubbard and pepper squash will have made their debut.

If you ventured to plant corn, that "reaching clear up to the sky" appearance will be much in evidence. Cobs will have formed and the local raccoons will be chomping at the bit waiting for your corn to mature. The only real defeat in our "Garden of Eatin'" was brought about by ravenous raccoons. They proved to be our Nemesis. No more corn in our garden; it's too much of a one-sided affair!

During August the first ripe tomatoes will stand out like gems of perfection waiting to garnish your camp's table along with armfuls of lettuce, radishes, onions, cucumbers and carrots. And, once the potato plants have turned brown, wilted and collapsed, be assured there's a treasure-trove of new potatoes buried beneath each plant. Dig them up carefully using a four-pronged potato fork starting well away from the point where the main stems enter the ground in order to avoid slicing or piercing the new potatoes. Be thorough when digging and you'll find anywhere from four to ten gleaming "nuggets", depending upon the soil, under each plant.

During the early stages of creating your garden perhaps you were fortunate to have a benevolent market gardener, or other country folk present you with a healthy root or two of rhubarb to set aside in one little corner of your garden; if so, by now you will have savoured this delectable fruit several times. This root requires very little attention once it is given a fertile start, but don't toss the leaves into the pot when stewing as they're poisonous. It is a perennial and will more than likely outlive us all. It is wise to position perennial plants such as rhubarb, asparagus, horseradish, mint, raspberry cane and the like to one side of your garden, where they can remain without interfering with annual preparations.

Sweet herbs lend dignity to a garden as well as to give a pleasant flavour to many foods. They require very little space to grow but be sure there's plenty of sun for them, regular watering and good drainage. Savoury; sage; thyme; basil; parsley; chives; rosemary; oregano; chervil; and fennel to name a few, are all in the herb family. Most can be purchased in boxed plant form to facilitate an early start. Some are tough perennials, some only annuals, and a few are seed producers (biennials) every other year. Herbs should be cut when in bloom, tied in small bunches, and hung up to dry; they may be stored in this state, or when quite dry, rubbed with the hands to a coarse powder and contained in bottles for culinary use.

We dared to plant celery and cantaloupe in our camp garden, albeit we are 160 miles northeast of Toronto. The celery, crisp and green was a delectable supplement to the homemade soup served from our kitchen. The cantaloupe, requiring a much longer growing period, fell victim to an early September frost. However, the turnips and parsnips seemed immune to frost and were a resounding success.

We spent a total of $75.10 during the spring of 1974 to furnish plants and seed for our camp garden. The labour involved we charged to a wonderful experience in the out-of-doors. But the fruits of our labour returned far more than we could ever have anticipated at the time we seized upon the whole idea to develop a camp garden, for, during the summer and part of the fall we harvested: a seven weeks' supply of lettuce for the whole camp (approximately 135 at that time); three individual feeds of green and yellow beans for everybody; 2½ bushels of potatoes (the likes of which would put the Irish to shame); 2 bushels of pepper squash; 1½ bushels of full-grown cucumbers, as well as one 6-quart basket of gherkins; 4 bushels of tomatoes, not including the number of green ones we had to abandon; 3 bushels hubbard squash; 3 bushels green cabbage; ½ bushel red cabbage; 11 quarts sweet green peppers, and a good quantity of carrots, beets, parsnips, turnips, onions, broccoli, Brussel sprouts, some rhubarb and kohlrabi. We were also successful in raising many sweet herbs in addition to a cluster of seven-foot tall sunflowers that produced an abundance of seeds.

We're soon going to try our hand at growing cultured raspberries. The wild ones grow so well in our area we think we might do even better with a cultured variety. They can be staked like grapes in a vineyard needing very little attention except pruning every year. There's also a new variety of strawberry plants available that will grow to a considerable height, as well as producing berries through until the frost lays low the plant. The following spring it rallies from its dormant state to produce again. Imagine having raspberries and strawberries on your tables at camp!

Be venturesome with your garden by experimenting on your own. This way you can actually test the capabilities of every nook and cranny of your plot. Learn its characteristics. Is it too rich for one species yet just fine for another? Don't try to run the whole gamut before you've learned the tune. Remember, too, a composite layout will give you a much better variety to savour.

No garden in the world would be complete without flowers. Form a raised earthen bed in the centre of your garden any shape or size. Plant tall flowers in the centre if you like, expanding towards the outer edges, or circles, using flowers that will compliment each other as they bloom in their fine array. Market gardeners and other supply houses usually colour code flowers so that you can determine in advance just what your flower bed will be like. Perhaps you'll want some gladiola as a centrepiece, or calla

lily followed by snapdragons, asters, begonia or geraniums, etc. Around the outer areas, after you've collected a few stones to add a little finery, plant some sweet alyssum or forget-me-nots. Be imaginative! How about a rose arbor just inside the garden gate?

Good luck! and may your green thumb hang in there.

LE JARDIN POTAGER—Comment sélectionner un endroit propice, préparer le terrain, ensemencer, transplanter et cultiver votre jardin . . . toutes ces choses sont expliquées de sorte que même les amateurs peuvent produire une récolte abondante.

Never yet was a springtime,
Late though lingered the snow,
That the sap stirred not at the whisper
Of the southwind, soft and low;
Never yet was the springtime
When the buds forgot to grow.

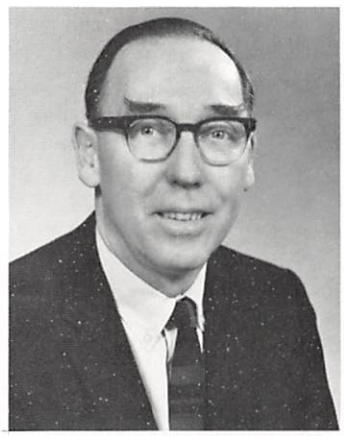
Margaret Sangster

In Memoriam

A TRIBUTE TO LORNE BROWN

"The teacher who walks in the shadow of the temple, among his followers, gives not of his wisdom but rather of his faith and his lovingness. If he is indeed wise he does not bid you enter the house of his wisdom, but rather leads you to the threshold of your own mind."

—K. Gibran



Lorne was such a teacher, one who lived beside the western sea at the foot of the mountains or on the high plateau in their midst.

It was natural for him to use such a rich environment for his teaching and to provide learning experiences for the many thousands of people with whom he came in contact in the YMCA and its camps; the elementary schools, the teacher training college and later in the faculty of education – U.B.C., in his own private camp and through being an elected member of the Vancouver Parks and Recreation Board.

Lorne was a physical educator, nationally and internationally known, President of the Canadian Association for Health, Physical Education and Recreation (1955-57). His vision and philosophy of play, recreation and physical activity put forward in each province during the cross country trip he made leading to the CAHPER Convention in Halifax, 1957 set the pattern for CAHPER's coming of age.

Lorne Brown was opinionated, as any good leader is, but he was also modest about it. His insights into how people learn and what influences are available to good teachers to help them learn, made him a great teacher. His love of life especially of children, was passed on to others. He resisted the lure of the many fads which arose during his lifetime, insisting that the basic learnings be presented to all in the schools and the community. Leadership and teacher education provided the means of passing on his enthusiasms and vision.

We in camping have and will benefit most from Lorne Brown's legacy to our country. It began when he was a youth in the Y camps where he learned to recognize the wonders of the living world and continued to the end of his days. He put the feet of thousands on the beginnings of trails leading to high adventure and fun; he helped people acquire the knowledge and skills necessary to meet the challenges of a Whistler Mt. ski run, probe the wilderness white-water rivers, and be happy and at home on a campsite in an unknown valley. Perhaps most of all, he helped people, young or old, to be at home with one another, respecting differences.

Lorne didn't believe in Santa Claus – not for anyone. Perhaps so because he was one who showered upon us his abundant affection and love, gifts of head and hand and his unending enthusiasms. Rather it was strong belief that each of us should be happy, modest, confident, self-reliant individuals depending on no crutches of any kind.

May and the other members of the family will miss him no end, and we will too. But like them, we will have him alive in our memories as we come to new vistas and experiences along the many trails upon which he put our feet. And when the going is roughest, his broad smile and warm chuckle will come to mind – making us laugh at ourselves.

Camping and the C.C.A., especially, have received another great legacy from Lorne Brown, a quiet, determined leader and visionary teacher of people.

He knew the earth from touch
He reached for the sky from high places
He felt the force of wind on the sea
He stood straight and tall in the sun
And among us and a myriad of others
he was our friend.

—C.R. "Blackie" Blackstock

A TRIBUTE TO ALEX PEEPRE

"Farewell, Friend. Have a good trip."

Little white horses prance toward the shore, gently slurping against the jetty. We clamber into our laden craft and peer toward the distant shrouded shore, re-echoing our cries of 'bon voyage'. The greying, lithe, alert young man of fifty-eight years turns away to shepherd another section of his flock to the other departure point, where he joins the departing group, with a soaring spirit and unsatiated thirst for a renewed acquaintance with the wilderness. Despite the tentative zig zag course, his infectious boyish enthusiasm creeps among his young charges. The canoe grates upon the shore to be pulled out, then up and over and away he goes not to be out-done by a twenty year old, two hundred pound novice.

In the peace of the evening, beneath the canopy of twinkling lights, he communicates with Mother Nature yodelling his way into the memories and hearts of his young students and friends. This man had proudly worn his country's colours. His hope to represent it in the combined ski event, in the Garmisch-Partenkirken Winter Olympics of 1936, was dashed at the last minute. Champion of Estonia and the Baltic countries, he visited Finland for the first World Championships. The spirit of freedom soared, like his body from the ski hill, and was transmitted to his summer campers. Through troubled times, he journeyed from one distinguished career to another in Sweden. Here he worked as 'Jack of All Trades' until he assumed the post of Sports Director for the city of Stockholm, somehow always contriving to be free for summer camps for children. Another great love flourished, Orienteering, only surpassed by the love of a growing family.

In 1950 he arrived in this great country to begin a third career, probably the most distinguished dishwasher Camp Pinecrest ever had. His long association with the 'Y' and the Canadian Camping scene began. The next year found him directing the waterfront, followed by a five year stint as Director of Camp Nagiwa, which he developed for the Guelph 'Y'. No menial task offended him, service was his watchword. On to Camp Beausoleil and Camp On-Da-Da-Waks. He extended camping to a pioneering and wilderness adventure, guiding many young people in two weeks of wilderness living. Others inspired by his leadership began their own programs. In between summers he showed his versatility in other aspects of leisure time activities.

Leida shared his love and his work. Their children Mari, Mall and Juri grew up acquiring the same great respect for life and service. He returned to Pinecrest for seven more years but also joined the faculty of what was to become the University of Guelph. In winter many students captured his love for skiing and in spring for Orienteering. He fathered the latter in North America and proudly nursed it to its current state of popularity. He was Ontario Veteran Champion. Leida can't recall if he was Canadian Champion; it isn't important anyway, participation was the reward.

Many of you knew him long and well. You are to be envied for that. His life work now rests as far afield as Nigeria, Hong Kong and Australia where former students now reside. His one regret that more Canadians did not share and emulate his undying enthusiasm is shared by many of us. His daily example put most of us to shame. A hard taskmaster to himself, kind and generous to others, memories flood back. Canoe orienteering in the pouring rain at Kandalore; driftwood magically assuming new forms under his expert hand; the morning swim; a last campfire; a firm handshake and clear blue eyes.

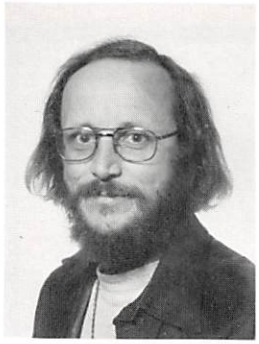
This year the canoes pushed off but he remained at the dock. Students discovered the tranquility of slate gray lakes, heard the mournful cry of the loon, trembled as bears, disguised as raccoons, rattled the pots and pans, listened to an echoing cry to the setting sun, sat and discovered hidden depths. These things are still there to be experienced.

Canada opened its doors to this son of foreign parts. Perceptive men in the 'Y' helped him learn a new language and get established. He flourished and paid his debt tenfold. His passing was premature and for this we must be sad, but not for long, for his spirit is still amongst us and we must celebrate its presence. His memory is recorded in many places, moose antlers here, a chapel there, a man-made ski hill, various trails and numerous hand-made decorative mementoes. They all symbolize 'Sass' Peepre, father of Orienteering, colossus among campers. I am a better man for knowing him and Canada, a better place.

Alex 'Sass' Peepre died on January 3rd 1976, aged 60.

'Farewell, Friend. Have a good trip.'

—Colin C. Kelly



Comment se préparer à une expédition en canot dans le Grand Nord Canadien

—par Jacques Grenier, Ph.D.
University of Ottawa

Le 14 juillet 1975, quatre aventuriers de Québec, âgés de 19 à 21 ans, quittent Schefferville au Québec, dans deux canots de toile, en direction de Fort Chimo via les rivières au Sable, Kaniapiskau, et Kaksoak. Vingt jours plus tard, ils arrivent aux chûtes du Granite où ils accostent et débarquent pour examiner le sentier de portage et admirer ce majestueux chef-d'oeuvre de la nature. Soudain les quatre voient leurs canots s'engouffrer dans les chûtes et devront récupérer au-bas de ces dernières ce qui leur restait d'équipement. Par chance, ils trouvent à proximité de l'endroit de leur malheur une chaloupe du Ministère des Richesses Naturelles du Québec. Ils l'empruntent pour continuer leur périple, leurs canots étant totalement déchiquetés. Comble de malheur, quelques milles plus loin, un rapide non-indiqué sur leur carte les précipite tous à l'eau. Trois des compagnons rejoignent la rive; le quatrième, âgé de 19 ans, y laisse sa vie. On le repêchera 10 jours plus tard à l'entrée du lac Cambrian, à près d'un mille du lieu de la tragédie.

A la mi-juin 1975, le couple Louis et Nicole Baril de Varennes, Québec, quittent eux aussi Schefferville en direction de Fort Chimo via la rivière Swampy Bay. Trois mois plus tard, les plus grandes recherches jamais effectuées dans le Nord du Québec sont impuissantes à retrouver la jeune femme; quant à son mari, il s'était noyé plusieurs jours auparavant.

De telles tragédies sont de plus en plus fréquentes dans le nord de notre immense pays où un nombre grandissant de personnes s'aventurent, souvent sans préparation ni expérience suffisantes. Elles croient retrouver dans ces régions sauvages éloignées les mêmes dêfis auxquels elles étaient habituées dans les lacs ou les rivières avoisinants les centres urbains. Est-il bon cependant de mentionner ici que la température de l'eau dans ce coin sous-artique de notre continent dépasse rarement 6°C (45°F), que les rapides indiqués sur les cartes sont souvent des chûtes, que les mouches noires et les maringouins sont si denses qu'il est parfois difficile de respirer ou d'ouvrir la bouche sans en avaler, que les conditions atmosphériques changent du but en blanc en moins d'une heure, qu'une quelconque blessure peut vous placer dans une situation très précaire parce que les secours sont difficilement accessibles, et que . . . les téléphones ne se rencontrent pas à chaque tournant de rivière.

Une question se pose donc: comment se fait-il qu'il y ait des groupes qui sortent traumatisés ou même ne reviennent jamais de telles expéditions, alors que d'autres réussissent à surmonter facilement tous les obstacles? Voici donc quelques conseils pratiques qui faciliteront le succès de futures expéditions en canot dans le grand nord canadien. Les cauchemars et les drames se transformeront alors en aventure plaisante remplie de découvertes, de connaissance de soi et d'appréciation de notre terre vierge.

Préparation à long terme:

Une expédition de cette envergure ne se décide pas la veille du départ ni même 15 jours avant. Puisque plusieurs aspects doivent etre considérés, il est essentiel de prévoir, au minimum, un an et demi de préparation soignée et adéquate.

Le choix des compagnons de voyage, basé sur l'âge, la santé, et l'expérience de chacun, constitue la première décision à prendre. Au chapitre de l'expérience, chaque membre doit avoir à son crédit un minimum de 800 à 1,000 milles de canotage réalisés dans des situations très variées lui assurant ainsi une technique éprouvée dans le canot-camping. Egalement, chacun, bien qualifié en natation, en secourisme et en sécurité aquatique, et capable d'analyser d'un coup d'oeil sûr et précis le degré de difficulté d'un rapide sera en mesure de prévenir ou de se tirer d'affaire dans les situations dangereuses. De plus, des expéditions réalisées antérieurement avec la majorité des membres du groupe permettront d'établir les forces et les faiblesses de l'équipe.

Entreprendre une telle expédition avec un seul canot comporte de très grands risques. Une aventure en canot dans le nord du pays devrait être composée de six à huit individus et de trois à quatre embarcations. Un groupe de plus de huit se caractérise par l'encombrement, tant dans le fonctionnement de l'équipe que dans la prise de décision.

Vient ensuite le choix du parcours fait à l'aide de cartes topographiques 1:50,000^{e} et 1:250,000^{e}. (Un pouce sur la carte représente 50,000 et 250,000 pouces sur le terrain ou encore 1,389 et 6,945 verges.) Ces cartes sont mises à jour par la Division des Relevés et de la Cartographie et vendues

Les rapides se suivent mais ne se ressemblent pas.

au Bureau de distribution des cartes, Ministère de l'Energie, des Mines et des Resources, Ottawa. Elles sont disponibles presque partout au Canada et fournissent une multitude de détails concernant les rivières, rapides, chûtes, marais, portages, élévations de terrain, et déclinaisons magnétiques.

Une fois le choix du parcours et des compagnons de voyage établi, il est indispensable que chacun s'acquitte de certaines responsabilités. Ces tâches très variées nécessitent un certain temps de préparation. Les futurs voyageurs devront: s'informer sur le meilleur type de canots et d'avirons pour entreprendre le voyage; obtenir du sous-ministre du Tourisme, de la Chasse et de la Pêche de la Province de Québec la permission écrite pour voyager au nord du 52^{e} parallèle; ramasser toutes les informations sur les conditions météorologiques et sur les marées, informations disponibles au Service Hydrographique du Canada, Direction Générale des Sciences de la Mer, Ministère de l'Environnement, Ottawa; s'enquérir des moyens, et des coûts de transport de l'équipement et des passagers et des horaires pour l'aller et le retour; rechercher la documentation pertinente sur la nourriture et préparer un menu préliminaire; établir et administrer les finances de l'équipe et fixer la part que chacun versera pour participer à l'expédition; se renseigner sur l'équipement de secours et sur l'équipement collectif de camping disponibles; rechercher toute documentation historique et culturelle reliée à la région visitée, sur la faune, la flore, et les aspects géographiques d'intérêts majeurs.

A ce stage-ci de la planification, il est important de préciser le moment de l'année où se fera l'expédition ainsi que sa durée approximative. Rencontrer d'autres aventuriers ayant déjà fait des expéditions similaires, visionner leurs diapositives et discuter avec eux de leurs expériences procurent également un supplément d'informations essentielles à toute préparation sérieuse.

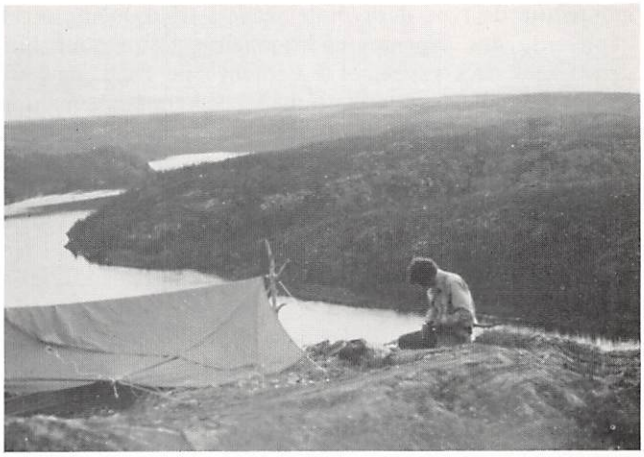
Enfin, un bon programme de conditionnement physique s'avère nécessaire pour tous les participants car, question sécurité, chacun possédera une réserve d'énergie pour les cas d'urgence et les moments difficiles, et, question plaisir, chacun sera moins fatigué et par conséquent plus enthousiaste. Ceci constitue une autre responsabilité individuelle vis-à-vis les autres membres de l'équipe.

Préparation à court terme

S'il est nécessaire de prendre en considération une myriade de détails longtemps avant le départ, il est impératif aussi de s'appliquer aux préparatifs à court terme, préparatifs s'échelonnant sur une période de deux à six mois avant le début de l'expédition.

D'abord l'équipement de secours. Un poste radio, émetteur-récepteur constitue un équipement idéal pour tout genre d'expédition. Cependant, le poids d'environ 40 livres et le volume qu'occupe un tel équipement le rend à peu près inadéquat. Par contre, il est possible de se procurer du Ministère des Transports du Québec un appareil spécial de secours d'une livre et demie fonctionnant à piles, d'une puissance de 150 milles de rayon et syntonisé sur la fréquence de secours des avions (121.5 mégacycles). En plus de cet appareil, chaque équipe transportera une demi-douzaine de fusées éclairantes facilitant ainsi la localisation de l'emplacement du haut des airs dans des cas d'urgence.

Une trousse de premiers soins complète est à prévoir, allant du simple diachylon aux capsules de morphine et d'adrénaline et sans oublier d'y inclure un manuel du soigneur. Il est préférable que cette trousse d'urgence soit distribuée également dans deux ou trois havresacs. Ainsi la possibilité d'utilisation d'une autre trousse de premiers soins existe encore si par malchance un des sacs se perdait.



Un rève enfin réalisé: coucher seul sur la sommet d'une montagne. A dream finally came true: Claude slept alone on the top of the mountain.

Il est important ici de préciser que tous ces équipements de secours de même que certains effets personnels, tel le sac de couchage, doivent être rangés dans des sacs à l'épreuve de l'eau. Il existe sur le marché différents produits manufacturés qui permettent de garder au sec tout équipement jugé nécessaire au confort et à la survie de chacun.

Chaque canot doit être muni d'un aviron supplémentaire pouvant être sorti rapidement au cas où l'on des avirons réguliers se brise. De plus chaque équipage doit posséder une boussole et en connaître parfaitement son utilisation. Enfin, tout groupe d'expédition doit se munir de deux séries de cartes topographiques de 1:50,000^{e} et d'une série de 1:250,000^{e} du parcours projetté. Par simple mesure de précaution, comme dans le cas de la trousse de premiers soins, chaque série de cartes sera distribuée parmi les membres du groupe.

Durant cette période préparatoire intensive, tout le matériel de camping doit être rassemblé. Des canots d'aluminum de 17 ou 18 pieds de long avec quilles adaptées pour la rivière et les rapides auront priorité sur les canots de toile ou de fibre de verre. Des avirons "voyageurs" ou "queues de loutre" seront choisis de préférence aux avirons à pale de 10 ou 12 pouces de largeur, ces dernières exigeant beaucoup trop d'efforts des canotiers. De même des havresacs à canot avec courroies de portage seront préférés à ceux montés sur un cadre surtout utilisés pour la marche. Chaque participant se procurera une veste de sécurité qu'il portera pour la traversée de grands lacs, la descente de rapides et à tout autre moment jugé opportun. Quant aux tentes, certains préféreront celles plus légères en nylon, d'autres celles en coton égyptien, un peu plus lourdes. Que les unes ou les autres soient choisies, il est important de s'assurer de leur étanchéité complète. Un plancher imperméable, une porte moustiquaire et des matelas pneumatiques rehausseront le confort de chaque nuit passée sous la tente. Enfin, quelques cannes à pêche télescopiques que l'on aura soin d'attacher aux barres d'écartement des canots seront un atout: Les prises permettront de varier le menu quotidien.

Parlant nourriture, chaque équipe se fera, avant le départ, un menu qui tiendra compte du nombre approximatif de jours que durera le voyage et achètera les provisions nécessaires, plus une marge de sécurité. Pour ce genre d'expédition, il est fortement recommandé de se procurer de la

nourriture de type déshydraté séché à froid, même si cela représente des dépenses additionnelles. Cette nourriture, très légère, très variée, et à l'épreuve de l'eau dans son emballage individuel en plastique scellé hermétiquement, se conserve indéfiniment et contient toutes les calories, vitamines, hydrocarbures et protéines indispensables à une diète équilibrée. Elle est disponible chez les entreprises spécialisées en articles de camping et dans un grand nombre de supermarchés. Les boîtes de conserve sont à éviter, tant à cause de leur pesanteur et de leur encombrement que par respect pour l'environnement.

Parmi l'équipement personnel que chacun possédera, nous trouverons plusieurs paires de bas de laine, des bottes de caoutchouc, deux bons gilets de laine, ainsi qu'un anorak ou une veste de ski avec mitaines et tuques puisque la température oscille entre 2° et 16°C (35° et 60°F), même en plein mois de juillet. Des vêtements imperméables (veste et pantalons) et un sac de couchage en duvet complèteront l'équipement essentiel.

Il n'est pas tout d'accumuler de l'équipement mais encore faut-il l'éprouver avant le départ lors d'une ou de plusieurs mini-expéditions d'une durée de deux à quatre jours.

Ces essais feront constater la valeur et l'utilité de l'équipement et l'habileté technique des canotiers dans des circonstances similaires à celles anticipées. Si le matériel ne s'avère pas satisfaisant, certains ajustements pourront se faire. De même, ces expériences personnelles permettront aux équipiers de reconnaître leurs faiblesses. Des stages ou cliniques de perfectionnement dispensés chaque été par plusieurs organismes provinciaux et fédéraux spécialisés dans le domaine combleront alors les lacunes.

Préparation immédiate

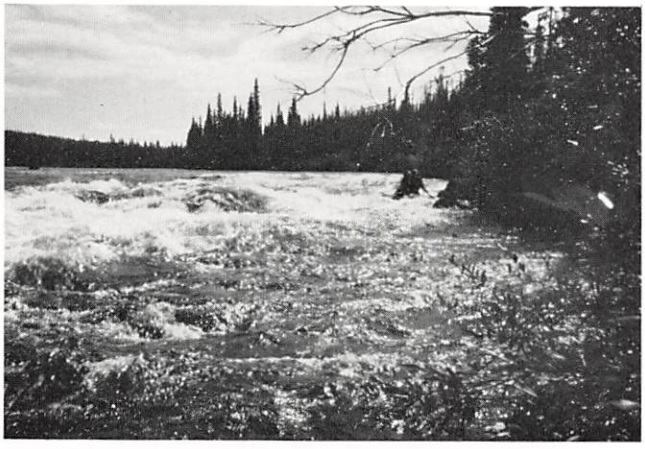
La Gendarmerie Royale du Canada, la police locale, et les bases d'avions et d'hydravions qui survolent la région seront informées quelques jours avant le départ ou la journée même du début de l'expédition, de l'itinéraire, des noms des participants et du temps approximatif prévu.

Il serait sage d'avertir parents ou amis de faire effectuer des recherches si l'équipe n'a pas donné signe de vie à une date pré-déterminée.

Enfin, une fois tendu à destination, il est convenable d'avertir les autorités, parents ou amis, du succès de l'expédition.

En conclusion

Une telle expédition n'est pas une course contre la montre. Il faut y mettre le temps, aussi bien dans la préparation que dans l'exécution. Dans ce coin de pays, une journée de canotage et de portage ne devrait jamais se prolonger au-delà de 17.00 heures afin de permettre à chacun de se reposer, de récupérer et de jouir du moment présent. Il est également essentiel de bien manger à tous les repas, de remplir ses nuits de huit à dix heures de sommeil, de prendre à tous les quatre ou cinq jours une journée complète de repos et de détente, et d'intercaller dans sa journée de canotage, à intervalles réguliers, des repos d'une quinzaine de minutes.



Une grande dextérité est requise dans de pareils moments.

Une malchance ou un incident dans un environnement urbain peut s'avérer fatal dans le grand nord canadien où les secours sont lents et difficiles à obtenir. Chacun se doit de redoubler de prudence. Il ne faut pas lutter contre les vents, les marées, les rapides, mais plutôt apprendre à respecter la nature et ses éléments.

Pour plusieurs, ce genre d'expédition constitue un retour aux sources qui permet de mieux connaître l'histoire de son pays, de sympathiser avec les premiers explorateurs et découvreurs, d'imaginer les passages suivis par les premiers voyageurs et trappeurs, de "découvrir" indiens et esquimaux, de constater les conditions sociales des populations du Nord, d'apprécier l'immensité sauvage de notre pays et l'esthétique d'une nature encore vierge que chacun aime trouver inaltérée et que chacun devrait s'efforcer de laisser intacte au moins par respect pour les autres qui utiliseront un jour le même chemin.

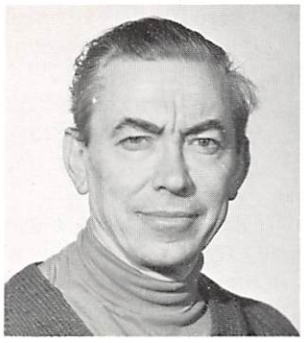
More and more people are travelling by canoe in the northern parts of our country and more and more tragedies occur because of a lack of preparation for such expeditions.

Long term preparation: this can start as far away as 18 months before the beginning of the trip: selection of the participants; choice of routes; gathering of information on the appropriate types of canoes and paddles, meteorologic conditions, costs of individuals and material transportation if necessary (bus, train, airplane), type of food to bring along, safety equipment available; obtain a written governmental permit to travel north of the 52nd or the 60th parallel; open up a bank account; select the best time of the year to start the expedition; development of a good fitness program for each participant, etc.

Short term preparation usually takes place two to six months prior to the beginning of the trip and involves the gathering of safety and first-aid equipment, maps and compasses, food, personal belongings, and all the camping gear including canoes, paddles, safety jackets, tents and fishing rods. Also important during that preparation period is the testing of all the material: this can be done in a mini-expedition eight to ten weeks before the real expedition.

Immediate preparation: this is done a few days or a few hours before the starting of the expedition. It is extremely important to notify the highest authorities in the area (R.C.M.P., local police, air-bases, etc.) of the intention of the group and to indicate the projected route, the number and names of the participants, and the approximate time needed to complete the trip.

If all these factors and several others are taken into consideration while preparing for a canoe trip in northern country, there is a good chance that the expedition will be a success rather than a tragedy.



A Place of Quiet

—by W.E. (Ted) Yard
Director, Camp Hollyburn

We spent a memorable hour one evening last fall watching a pair of beavers at work in a small bay at the west end of our lake. At first they seemed a bit wary of these two humans sitting in full view on the rock peninsula. Soon, there developed quite a "waterfront show" with fancy diving, serene cruising, brief ducking, and much tail slapping. We were fascinated, but we stayed still and quiet. Gradually they became bolder, and seemed to be playing a game of "double-dare" as first one and then the other would cruise directly towards us, coming eventually within fifteen or twenty feet, then flipping up and over! Finally after more than half an hour one of these "showmen" slipped serenely into shore about sixty feet along the bay and emerging from the lake, began to chew away at the exposed roots of a young maple tree. We were so engrossed with this fellow's industry that we completely lost track of his mate until a resounding crack lifted us right off our rock seat! Number two beaver had circled the point, surfaced behind us, and probably some little tell-tale gesture had given us away . . . the show was over! It had been over an hour of stillness, of silence, of pantomime. An hour to cherish. One of those brief but priceless opportunities to become better acquainted with our woodland friends. How fortunate we are to have such possibilities for a place of quiet!

A comment made by the Rt. Rev. Wilbur Howard at a meeting of camp people, reminded me of a visit to the United Nations some years ago. There too, in that massive complex on the East River in Manhattan, teeming with persons of every country and culture, people had found the need for a "place of quiet". It is a small room just off the beaten track, and away from the hurly-burly. Simple cane benches are the only furnishings and one shaft of light from the ceiling shines on a large block of iron ore in the centre of the room to provide the only illumination. The meaning of this place is perhaps best conveyed in the words of Dag Hammarskjold, the late Secretary General of the United Nations, as he dedicated the room:

> "We all have within us a centre of stillness surrounded by silence. . . This house . . . should have one room dedicated to silence in the outward sense and stillness in the inner sense. It has been the aim to create in this small room a place where the doors may be open to the infinite lands of thought and prayer.
>
> People of many faiths will meet here, and for that reason none of the symbols to which we are accustomed in our meditation could be used.
>
> However, there are simple things which speak to us all with the same language. We have sought for such things and we have found them in the shaft of light striking the shimmering surface of solid rock. So, in the middle of the room we see a symbol of how, daily, the light of the skies gives life to the earth on which we stand, a symbol to many of us of how the light of the spirit gives light to the matter. . . . . The stone in the middle of the room reminds us also of the firm and permanent in a world of movement and change. The block of iron ore has the weight and solidity of the everlasting. It is a reminder of that corner stone of endurance and faith on which all human endeavour must be based. . . .
>
> . . . There is an ancient saying that the sense of a vessel is not in its shell but in the void. So it is with this room. It is for those who come here to fill the void with what they find in their centre of stillness."

How fortunate we are in organized camping! We seldom need to *construct* a place of quiet. But, in our programs and in our sites, is it possible that we sometimes fail to recognize that all persons do indeed have within them "a centre of stillness surrounded by silence"?

Many years ago, in a different camp setting, I recall the evening gatherings of campers and staff on a picturesque point of land. These quiet times facilitated a kind of communication seldom achieved during the typically happy and somewhat boisterous activity day. Words were few when we met "on the point", and those used conveyed thoughts in keeping with the tranquility of the place. They were words often remembered because of the special harmony within that diverse group in a special setting of great beauty, stillness and quiet.

In later years powerboats loaded with young cottagers would cruise the area, sometimes stopping completely to

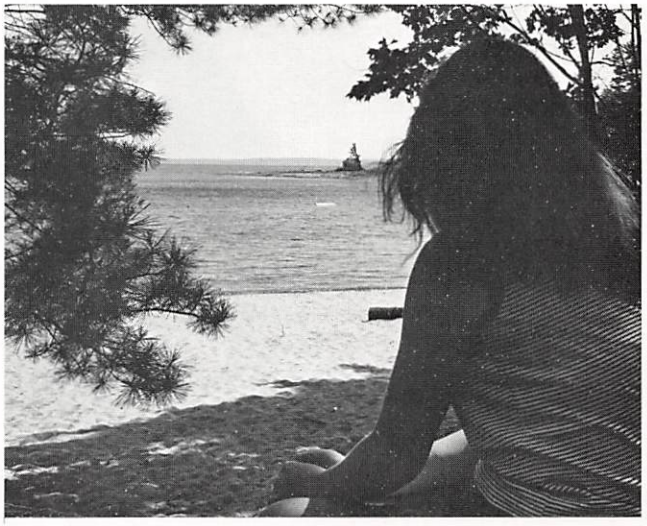


Photo courtesy Camp Wahcahmie

pass remarks about the assembly on the point; sometimes calling out some noisy comment; always disturbing. After fifty years of use by a children's camp, the point has lost little of its beauty, but, because of its vulnerability to intruders, it is no longer the special place for "quiet times". Yet, such places are surely absolute necessities in any community where we would live the full life. In our mechanical and electronic world, complete with traffic snarls and advertising jingles, how very few are the opportunities for genuine stillness and quiet!

Yes, how fortunate we are in organized camping! If only we could see, in their fullest perspective, all the blessings of the natural environment in which our camp communities flourish. Dag Hammarskjold could see great significance in one beam of light, one block of stone, one chunk of iron ore. How much more we have to deal with in our everyday out-of-doors experiences.

I remember an oft'-quoted verse:

"And Nature the old nurse, took each one
upon her knee
Saying, "Here, my child is a storybook, thy Father has
written for thee".
"Come, wander with me," she said, "through regions
yet untrod,
And read what is yet unread, in the manuscript
of God." "

. . . And I sometimes wonder whether we really feel we have time for such things. Perhaps the active camp day from morning dip to evening stunt night is so full of fun, good times, physical activity and "challenge" that we're content enough to see a camper go home "happy". "Watch the camper who wants to be alone" a counsellor is sometimes advised . . . "keep him active so he won't get homesick!" Do we plan lots of strolls that are not "races" or "contests"? Is it possible to opt out of routine to listen for the early-bird songs on a very special morning? Is it wasting time to count the "shooting stars" in an August sky?

If we in organized camping really are educators, perhaps our ultimate objective is that of enabling . . . enabling each person to fill any void one may experience with what one may find in that centre of stillness. . .

A child is afraid of the water. Another is very much afraid of the dark. We do not usually try to overcome these simply by having one child wear a lifejacket and by having the other in bed before dark. Rather, we have long ago come to recognize that each must eventually solve the problem with often unrecognized inner personal resources. I suspect that many of us feel that some of these resources are developed through robust, active, challenging program; through planning cooperatively for some very special event; through the additional self-confidence of acquiring some of the so-called "primitive" skills.

Surely, however, a very important ingredient of this educational process must be the opportunity for a variety of experiences in quiet places with one's peers, with one's leaders, . . . with one's self.

Hopefully we will come to realize that "the pause that refreshes" is not copyrighted, but rather it represents one of the great resources available to us as we play our part in enabling young people to discover their world.

UN COIN DE SILENCE – Un directeur de camp donne ses arguments en faveur d'un "coin de silence". Il se demande si, dans nos programmes, sur le site de notre camp, nous n'oublions par parfois que dans chaque personne il y a une zone de silence. Graphiquement il explique le sens et le besoin du "coin de silence" qui existe dans l'édifice des Nations-Unies et il cite les paroles de Dag Hammarskjold lors de l'inauguration de cette salle.

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THE OUTDOORS-MAN

—by Larry R. Johnston

Anthropomorphism, the ascription of human characteristics to other beings or things, including wildlife, has been foisted upon us by Walt Disney, Tolkien, Beatrix Potter, Antoine de Saint Exupery, A.A. Milne, Charles Kingsley and thousands of other imaginative and talented story tellers. The result is that we have been psychologically conditioned to love those creatures with the most human characteristics and hate those with the least human characteristics. Use of the words love and hate were not chosen at random. Children and adults don't just "like" Winnie-The-Pooh, they love the pudgy little guy.

Childish infatuation with certain birds and animals is not harmful and can probably be argued to be positively beneficial in terms of stimulating the imagination or opening the young mind to whatever idealogy the author wishes to promote. What is disturbing however, is the totally negative and unjust aspect of anthropomorphism – hate. Why on earth would you love penguins and hate bats? To put the question in a more contemporary context, why would you support the total preservation of penguins and care not one iota about the total extermination of the local bat population? Don't think defensively, think positively. Bats are ugly little things. You wouldn't miss them because they are nocturnal or crepuscular at best. You rarely see them now and you wouldn't miss them if they were "removed". They become tangled in women's hair. They feel cool and rough to the touch. They have sharp little teeth, beady little eyes and strong, mouse-like tails.

What logical reason can one employ to rationalize wildlife preferences? Why hate the shrew, the mole, the snake, the vulture, the spider, yet harbour indifference toward coyotes, crows, gallinules, muskrats, and starlings? Why should we care more about the well-being of parrots, penguins, panda bears, koala bears, chimpanzees, deer, etc.?

That period of a child's greatest intellectual and emotional development happens to coincide with that target age group fantasy writers aim to influence. By age seven, children have determined which birds and animals to love, ignore or hate and which should be protected, ignored or destroyed. Incredible as it might seem, however, positive decisions are based on the creature's rounded form, softness, two arms, two legs, vertical form, flat face, ears, human-like vocalizations, colour, family grouping, and dozens of other human characteristics.

Emotionalism can be a positive thing but respect is vital to meaningful conservation. Only with study can one learn to respect wild creatures for what they really are and how they play a vital part in the natural scheme of things. Only with this knowledge can one pass truly constructive judgement on wildlife conservation programs which can not pledge allegiance to anthropomorphism, the science Disney exploited to its most profitable limit.

Pensées

21 MEMOS FROM YOUR LITTLE BROTHER . . .
Taken from the Catholic Big Brothers of Detroit

1. Don't spoil me. I know quite well that I ought not to have all that I ask for. I'm only testing you.
2. Don't be afraid to be firm with me. I prefer it, it makes me feel more secure.
3. Don't let me form bad habits. I have to rely on you to detect them in the early stages.
4. Don't make me feel smaller than I am. It only makes me behave stupidly "big".
5. Don't correct me in front of people if you can help it. I'll take much more notice if you talk quietly with me in private.
6. Don't make me feel my mistakes are sins. It upsets my sense of values.
7. Don't protect me from consequences. I need to learn the painful way sometimes.
8. Don't be too upset when I say, "I hate you". It isn't you I hate, but your power to thwart over me.
9. Don't take too much notice of my small ailments. Sometimes they get me the attention I need.
10. Don't nag. If you do, I shall have to protect myself by appearing deaf.
11. Don't forget that I cannot explain myself as well as I like. This is why I'm not always very accurate.
12. Don't make rash promises. Remember that I feel badly let down when promises are broken.
13. Don't tax my honesty too much. I am easily frightened into telling lies.
14. Don't be inconsistent. That completely confuses me and makes me lose faith in you.
15. Don't tell me my fears are silly. They are terribly real and you can do much to reassure me if you try to understand.
16. Don't put me off when I ask questions. If you do, you will find that I stop asking and seek my information elsewhere.
17. Don't ever suggest that you are perfect or infallible. It gives me too great a shock when I discover that you are neither.
18. Don't ever think it is beneath your dignity to apologize to me. An honest apology makes me feel surprisingly warm toward you.
19. Don't forget how quickly I am growing up. It must be very difficult to keep pace with me, but please try.
20. Don't forget I love experimenting. I could not get on without it, so please put up with it.
21. Don't forget that I can't thrive without lots of understanding love, but I don't need to tell you, do I?

Suggestions venant d'un tout petit bout d'homme pour aider à le mieux comprendre. Excellent pour les moniteurs.

Just What Do You Do All Day?

(A Guideline for Section Heads)

—by Liz Greenway
Camp Oconto

When people ask "just what do you do all day?" it's rather hard to explain. You know that you're busy but you're certainly not doing the kinds of things for which hero cookies are awarded. In fact, being a section head is a humbling kind of experience, or should be, since you know you're doing a good job when no one notices that you've taken your half day or 48 hours off or even been out on a short canoe trip. The section *should* just hum along without you.

Don't misunderstand me: you can't just sit back and expect a well run section to happen. You are a supervisor, a co-ordinator and a positive force towards creating that well-run section. Where other counsellors teach activities and deal with tangibles, you are expected to keep tabs on the feelings or the mood of the section – very much an intangible. So the initial question should read, "just what do you *try* to do all day?"

The job of supervision is a delicate one. The process involves constant evaluation, feedback, awareness and communication with the counsellors. It is they who deal most directly with the campers and it is the section head's job to help the counsellor explore the most effective means of approaching her campers. The section head attempts to help the counsellor think for herself, arriving at her own decision or approach.

One of the most important aspects of this evaluation and one that often gets overlooked, is praise. As a section head, you are constantly trying to make the section run better or more smoothly. This, however, does not mean always correcting what is wrong but also acknowledging what is right. This section that you work with is made up of people and praise, even for small progress, is essential for all of us. It's rewarding to be noticed when we try to do something well. If the praise is honest it also increases the chances of someone making an honest attempt to repeat the effort.

At the same time it seems that most problems arrive at your doorstep. You are a sounding board or an open ear for people with problems, people who just want to talk or people who don't know what they want – both campers and counsellors. It's hard, but necessary, to remember the truism that bad advice is worse that no advice. We shouldn't always try to solve someone's problems for them since learning to cope with your own problems is part of growing up. Perhaps it is wise not to get too hung up on solving the world's problems all at once but simply provide that friendly open ear.

Many problems that counsellors come to you with are, in fact, no longer problems. They may already know the approach to take but they want a chance to say it out loud and receive your moral support. You provide confidence more often than you provide 'wonder-cure' solutions. This means understanding the needs of that particular counsellor and where you can best support her.

Although problems often are real enough to the people involved, you have to keep things in perspective, to keep a sense of humour (you'd better believe it!) and to put the focus on the positive solution. This doesn't mean to ignore the problem, but there's no point in dwelling on things too long: move out and move on or you'll all be frustrated.

People tend to develop a lot of problems when they get over-tired or later in the evening when things have quieted down and they have time to think. Before leaping to astute psychological analyses cope with the minor problems first: things like fatigue, a particularly hot, humid day, loneliness due to no mail (male?!), misunderstanding or lack of communication.

Once a problem has been recognized, however, there is no point in fuddling about with it. Do something. Take time to think, since people deserve more than a flippant approach, ask for help if you need it from the assistant director but then do something positive to correct the situation.

continued on next page

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At the CCA Annual Meeting in La Belle Province the following campers were honoured for their outstanding contributions to camping in Canada during the past year: **Lorne Brown,** for his wise counsel and guidance in Nature Awareness; **Jay Haddad,** for 5 years as the CCA secretary and his leadership in the Executive Development Workshop; **John Hasell,** for his energy and great work on Standards; **Jocelyn Palm,** as Managing Director of the CCA Magazine and her work on the P.F.D. question; **Helen Stewart,** for her distinguished contribution as editor of *Canadian Camping;* **Kirk Wipper,** as an organizer and driving force behind the Canoe Schools and the Woodmanship School. ★ The first ever National French Language Camping Conference at Montmorency was a smashing success with delegates from across Canada studying the theme "The influence of outdoor recreation on the growth of the child". Chairman **Paul Belanger** and his committee did a superb job with Paul's unique Quebec flare and joie de vivre which he displays in ample quantities. ★ What a joy it is to have **Georges Robitaille,** the President of ACQ, representing camping so capably as our consultant for camping and outdoor education with Recreation Canada. Merci, Georges. ★ Dates have been set for upcoming CCA Board meetings to be held in conjunction with Regional Camping Conferences . . . Nov. 3rd to 5th at Saskatoon, Jan. 21st to 23rd at Sault Ste. Marie, April 22nd to 24th at Vancouver. ★ **John Latimer** has been appointed Chairman of a very important Task Force to investigate and make recommendations on the whole area of CCA development. ★ A big tip of the hat with thanks to **Jack Pearse** for his news from the Canadian camping scene. ★ I cannot write "30-30" to this, my last column, until I have passed on my sincere thanks to some "I care" folks. . the provincial contacts who sent along articles, photos, tips and provincial news; those editors of the provincial Newsletters who asked their readers for contributions to *Canadian Camping* – the response was heartening; **Jocelyn Palm** for her interest and support; and lastly, but most important, those "faithfuls" on the Editorial Committee who gave me unsurpassed assistance in producing the issues of *Canadian Camping* since the fall of '72 . . . **Ann, Barb, Bill, Bob, Bobsie, Brian, Bruno, Bryan, Doug, Eanswythe, Jean, Kirk, Linda, Madelene, Marg, Mary Jane, Paul** and **Viiu.** ★ Best wishes to our readers for a happy and rewarding summer.

—Helen E. Stewart

One of the major problems that a section head deals with is that of discipline – campers and counsellors. . . That sense of perspective and the positive approach will prove invaluable.

To help avoid most counsellor problems, I found it best to make a specific effort to speak to each counsellor alone every week or so, to talk over any problems and to get some feedback. You don't need to tell the counsellor that she's scheduled for an interview since that can sound rather formidable but you should make an interview schedule for yourself. It's awfully easy for the time to slip by. Suddenly it's the third week of camp and you haven't had a chance to sit down and talk for twenty minutes without being interrupted. This is in addition to your regular staff or section meetings.

Finally there comes the part that I enjoy most. You can avoid most camper problems through awareness or what I call 'cruising'. It's beneficial particularly in the first two weeks of camp to walk through the section near or at the beginning of each of the periods. You may find someone alone in the tent and it's a good chance to stick your head in the tent to talk to her. Everyone doesn't have to be doing something all the time, since it is the summer vacation, but if it's the same girl three periods in a row then perhaps there is some problem. She may need some friendly interest (which is not the same thing as prying) or a little encouragement. At any rate you need to be aware of what is, or is not, going on in the section, so that corrective action can be taken.

When you do take a day off, appoint one of your counsellors to be responsible for the section. They'll appreciate the responsibility and maybe they'll even understand your job a little better. However, when you get back don't ask them what they did all day. You'll probably get thrown in the lake!

So that's the section head's job as I see it. You have to listen, be aware, be available, be honest, be positive and keep tabs on the section by accepting feedback from your staff and campers. That's not too much eh!

QUE FAITES-VOUS TOUTE LA JOURNEE? – Un responsable de groupe répond à cette question et fait des suggestions pour un programme bien articulé et l'amélioration du climat de vie au camp.

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